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32 PAGE MAGAZINE

How to... spend less & live better!

Invite friends round for your new posh roast... they'll love it

Homemade curry doesn't get any better, or easier, than this

Mmm, juicy oranges – make the most of what's in season

Veggie family meals – no one will even miss the meat!

What's happening in February...

cut out and keep

How to

It's Friday fridge night!

You'll be surprised at the tasty suppers you can rustle up from the odds and ends you have left in the fridge at the end of the week

Use up veg + cheese + bacon...

Make SPICY TOMATO & BACON PASTA BAKE

A classic the whole family will keep asking for time after time – result!

Serves 4–6 • Ready in 40 mins
• 639–426 cals per serving
• 26–18g fat • 12–8g sat fat

- ☐ 1tbsp olive oil
- ☐ 250g bacon, cut into strips
- ☐ 1 large onion, diced
- ☐ large pinch chilli flakes
- ☐ 700g mixed Mediterranean veg, chopped (we used 2 courgettes and 2 red peppers)
- ☐ 500g tomatoes, roughly chopped or a 400g tin chopped tomatoes
- ☐ 80g sundried tomato paste (or 50g tomato purée)
- ☐ 2tsp dried mixed herbs
- ☐ 300g good-quality rigatoni pasta (we like Napolina)
- ☐ 125g mixed cheese (we used goats' cheese and Cheddar)
- ☐ garlic bread, to serve

1 Heat oven to Mark 6/200°C. Heat **oil** in a pan, add **bacon**, **onion** and **chilli flakes**, and fry gently for 5 mins, stirring. Add **veg** and cook for 3–4 mins, until they begin to soften. Add the **tomatoes**, **tomato paste** and **herbs**, and simmer for 10 mins.

2 Meanwhile, cook **pasta** for 2 mins less than pack instructions, drain and mix with sauce. Spoon into an ovenproof dish, sprinkle with **cheese** and bake for 15 mins. Serve with **garlic bread**.

tip Always slightly undercook pasta before adding to a pasta bake, otherwise it will overcook in the oven and go mushy.

You'll never get anything as good as this at the local takeaway!

Use up frozen veg + eggs + seafood...

Make PRAWN & MUSHROOM EGG-FRIED RICE

Frozen veg is perfect for this dish. Just add eggs and seafood that need eating up.

Serves 4-6 • Ready in 25 mins • 440-296 cals per serving • 23-16g fat • 4.5-3g sat fat

- **2tbsp sunflower oil**
- **250g chestnut mushrooms, thickly sliced**
- **150g spring greens or cabbage, shredded**
- **2tbsp sesame oil**
- **4 free-range eggs, lightly beaten**
- **250g jasmine rice, cooked and cooled**
- **250g cooked small prawns, defrosted if frozen**
- **bunch spring onions, thinly sliced**
- **150g frozen peas**
- **2tbsp soy sauce**
- **30g toasted peanuts or cashews, roughly crushed, to serve**

1 In a wok, heat 1tbsp **sunflower oil**, add the **mushrooms** and stir-fry until golden, then move to a plate. Add the remaining sunflower oil and the **greens** to the pan and stir-fry for a few mins, until wilted; remove from the pan.

2 Add the **sesame oil** to the pan, then pour in the **eggs**. Swirl around pan and leave for a few secs before stirring. Add **rice** to the half-cooked eggs and cook, stirring, until the egg is cooked through and the rice is piping hot.

3 Add the **prawns**, **spring onions** and **peas**, and return the greens and mushrooms to the pan. Cook for 3-4 mins, stirring, until everything is piping hot. Add **soy sauce**, to taste, stir briefly and serve, scattered with **nuts**.

tip **Make sure you reheat your rice properly – otherwise it can lead to food poisoning.**

tip If using raw chicken for this recipe, fry bite-sized pieces until brown, then add to the sauce and follow as per recipe.

Use up chicken + potatoes...

Make CREAMY CHICKEN NO-BAKE GRATIN

Combine leftovers from a midweek roast with the rest of last night's bottle of wine!

Serves 4 • Ready in 30 mins • 686 cals per serving • 39g fat • 20g sat fat

- 1tbsp olive oil
- 500g new potatoes, very finely sliced
- 1 onion, finely sliced
- 3 cloves of garlic, finely chopped
- 300ml white wine
- 200ml chicken or vegetable stock
- 1tbsp Dijon mustard
- 1 bay leaf
- 400g leftover cooked/roast chicken
- 250ml crème fraîche
- 250g spinach, wilted, squeezed and chopped
- 25g breadcrumbs
- 25g Parmesan, grated
- 25g chopped walnuts

1 Heat the **olive oil** in a large, ovenproof frying pan. Add the **potatoes**, **onion** and **garlic**, and cook gently for 12–15 mins, loosely covered, until softened and pale golden. Increase the heat and pour in the **white wine** and **stock**, bring to the boil, then add the **mustard** and **bay leaf**. Reduce heat and simmer for 10 mins until reduced by two-thirds.

2 Heat the grill to medium. Add the cooked **chicken** to the pan and simmer for a further 10 mins until piping hot. Stir in the **crème fraîche** and **spinach**, and return to the boil. Season to taste.

3 Mix together **breadcrumbs**, **Parmesan** and **walnuts**. Sprinkle over the chicken and put under the grill until bubbling and golden.

Use up ham + green veg...

Make BAKED GNOCCHI WITH HAM, LEEKS & BROCCOLI

You can swap gnocchi for any pasta you have in the cupboard and add any green veg, too.

Serves 6 • Ready in 35 mins
• 446 cals per serving • 22g fat
• 13.5g sat fat

- 60g butter
- 2 leeks, sliced
- 3tbsp plain flour
- 1tsp English mustard powder
- 600ml milk
- grating fresh nutmeg
- 300g broccoli, broken into florets
- 200g sliced ham, torn
- 500g pack fresh gnocchi, cooked in boiling water for 1 min
- 150g Dolcelatte cheese, crumbled, or any other cheese

1 Heat oven to Mark 4/180°C. Melt half the **butter** in a large saucepan, add the **leeks** and cook over a medium heat for 6–8 mins, until soft, remove leeks from the pan and add remaining butter. Stir in the **flour** and **mustard** powder to make a roux paste and cook gently for about 1 min, stirring. Gradually pour in the **milk**, a splash at a time, stirring until smooth. Once all the milk has been added, allow to simmer for a few mins until slightly thickened. Season with the **nutmeg** and salt and pepper, to taste.

2 Meanwhile, cook the **broccoli** in boiling water for 3 mins until just tender, then drain well. Add the leeks, broccoli, **ham** and cooked **gnocchi** to the sauce and mix well, then transfer to a large ovenproof dish. Sprinkle with **cheese** and bake for 15–20 mins, until bubbling.

tip For a super-smooth roux sauce, heat the milk slightly before adding it to the roux paste; this will help the flour and milk to combine more easily.

When it's comfort food you're craving, this is the answer!

Use up eggs + apples...
Make TOFFEE APPLE PANCAKES

Yippee, it's pancake time and this recipe is perfect for indulging!

Makes 6-8 pancakes · Ready in 30 mins · 425-320 cals per serving · 27-21g fat · 15-11g sat fat

FOR THE TOFFEE APPLES
- 50g butter
- 3 apples, peeled, cored and cut into wedges
- large pinch ground cinnamon
- 75g light muscovado sugar
- 3tbsp golden syrup
- ½tsp vanilla extract
- 6tbsp double cream

FOR THE PANCAKES
- 100g plain flour (with a pinch of salt)
- 1 large free-range egg
- 225ml semi-skimmed milk
- 25g butter, melted and cooled slightly
- sunflower oil, for frying
- vanilla ice cream, to serve

1 Heat half the **butter** in a frying pan, add **apples** and **cinnamon**, and cook over a medium heat for 6-8 mins, turning, until golden. Remove from pan and set aside.
2 Add remaining butter, **sugar** and **golden syrup** to the pan, heat gently until dissolved, then simmer for 2 mins. Stir in **vanilla extract** and **cream**, and simmer for 1 min to make a smooth, thick, golden sauce.
3 For the pancakes, put **flour** into a bowl, crack in the **egg** and whisk to combine. Gradually whisk in **milk** and melted **butter** until smooth.
4 Heat a 20cm non-stick pan until hot and brush with a little oil. Add a small ladleful of batter to the pan and swirl around so it reaches the edges. Cook for 1-2 mins, then flip over and cook until golden. Repeat with rest of batter and serve with the toffee sauce and apples and **ice cream**.

tip Try this sauce with bananas instead. Just add a splash of dark rum for an extra tropical kick – delish!

FEATURE & FOOD STYLING: LUCY JESSOP & PHIL MUNDY. PHOTOS: BRETT STEVENS. PROPS: RACHEL JUKES

NEXT MONTH... Bring-a-dish dinner party

cut out and keep

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How to

Go veggie this month!

Eating less meat is better for your health, your purse and the environment – so for the ultimate feel-good factor, why not try these easy recipes. And we've even done the cost and nutrition bits for you

£1.50 per person

Really filling, really beany soup

Tasty, and with so much flavour, the kids will never guess it's so good for them!

SERVES 4 • Ready in 30 mins • 322 cals per serving • 5g fat • 1g sat fat • 4 of your 5-a-day

BUY FRESH

- ☐ 1 red pepper, deseeded and cut into pieces
- ☐ handful fresh coriander, chopped
- ☐ 150g pot 2% fat Greek yogurt

CHECK YOU'VE GOT

- ☐ 1tbsp olive oil
- ☐ 1 onion, sliced
- ☐ 1tsp cumin seeds
- ☐ pinch chilli flakes
- ☐ 600g tinned chopped tomatoes
- ☐ 500ml hot vegetable stock
- ☐ 410g can mixed beans in brine, drained and rinsed
- ☐ 198g can sweetcorn, drained and rinsed

How to

1 Heat the **oil** in a large saucepan, add the **onion**, **cumin** and **chilli flakes**, and stir for 30 secs until aromatic. Add the **pepper** and cook gently for 6-8 mins.

2 Add the **tomatoes** and **stock**, bring to the boil, then simmer for 15 mins. Stir in **beans** and **sweetcorn**, and simmer for a further 5 mins. Season to taste. Stir through 1tbsp **coriander** and serve with a dollop of **yogurt**.

tip **Top with fresh salsa: mix together 1 avocado, peeled and sliced, ½ red onion, diced small, juice and zest of ½ lime and 1tbsp chopped coriander. Season well.**

>

On the table in 30 mins – just what you need on a cold night after a hard day!

£1.83 per person

Big bowl of Moroccan magic

Tasty root veg and aromatic flavours make this tagine proper comfort food.

SERVES 4 • Ready in 30 mins • 580 cals per serving • 19g fat • 6g sat fat • 5 of your 5-a-day

BUY FRESH

- ☐ 600g butternut squash, peeled, deseeded and cut into 4cm chunks
- ☐ 1 small swede (about 500g), peeled and cut into 3cm chunks
- ☐ 350g fresh tomatoes, roughly chopped
- ☐ zest and juice of 1 orange
- ☐ 1tbsp each flat-leaf parsley and mint, roughly chopped
- ☐ ½ pomegranate, seeds only

CHECK YOU'VE GOT

- ☐ 2tbsp olive oil
- ☐ 1 large onion, peeled and roughly chopped
- ☐ 1½tbsp Moroccan spice mix – Ras el hanout
- ☐ 1 small cinnamon stick
- ☐ 2 cloves garlic, chopped
- ☐ 1 litre 25ml veg stock
- ☐ 410g can chickpeas, drained
- ☐ 250g barley couscous
- ☐ 25g flaked almonds, toasted

How to

1 Heat the **oil** in a large saucepan, add **onion, spices** and **garlic**, and cook for 5 mins until soft. Add the **squash**, **swede**, **tomatoes** and 700ml **stock**, bring to the boil, then simmer for 15–20 mins or until tender. Add half the **orange juice** and **zest** and the **chickpeas**; then simmer for a further 5 mins.

2 Meanwhile, bring the remaining stock to the boil in a pan with the remaining orange juice and zest. Turn off the heat, add the **couscous**, season, and cover with a lid. Leave for 5 mins, then fluff up the grains with a fork. Stir through the **herbs**, **pomegranate seeds** and **almonds**, and season to taste.

tip If you don't have courgettes or broccoli just switch for any green veg – frozen peas and green beans taste delicious with pasta.

£1.12 per person

Oh-so-good linguine

Our favourite veg – courgettes and broccoli – with generous helpings of pesto and pine nuts make this a winner.

SERVES 4 • Ready in 20 mins • 619 cals per serving • 30g fat • 3g sat fat • 2 of your 5-a-day

BUY FRESH

- ☐ 2 large courgettes, coarsely grated
- ☐ 350g broccoli, broken into florets and thinly sliced
- ☐ zest and juice of ½ lemon

CHECK YOU'VE GOT

- ☐ 350g good-quality dried linguine
- ☐ 2tbsp extra virgin olive oil
- ☐ 1 clove garlic, crushed
- ☐ 145g green pesto
- ☐ 10-20g toasted pine nuts
- ☐ 25g Parmesan, finely grated, to serve (optional)

How to

1 Cook the **linguine** in a large pan of boiling, salted water as per pack instructions. Squeeze the grated **courgettes** between kitchen paper or in a tea towel to absorb any excess water.

2 Meanwhile, heat the **oil** in a large sauté pan, add the **broccoli** and cook for 2 mins, stirring. Add the **garlic** and courgettes, and cook on a high heat for a further 3 mins. Drain the pasta and return to the pan, reserving 3tbsp cooking water. Add the **pesto** to the pasta, season well and toss together. Stir the veg, and **lemon zest** and **juice** into the pasta. Season well and serve with **pine nuts** and grated **Parmesan**.

>

£2.13 per person

Quick 'n' easy sweet 'n' sour

The Quorn takes on all the flavours and satisfies that 'something naughty' craving without being bad for you!

SERVES 4 • Ready in 25 mins • 344 cals per serving • 10g fat • 1.5g sat fat • 2 of your 5-a-day

BUY FRESH

- ☐ 1 large onion, sliced
- ☐ 2 peppers, deseeded, cut into matchsticks
- ☐ 300g pack Quorn pieces
- ☐ 150g baby sweetcorn
- ☐ zest of 1 lime and juice of 2 limes, plus extra to serve
- ☐ 4 spring onions, shredded

CHECK YOUVE GOT

- ☐ 2tbsp olive oil
- ☐ 1tsp lazy red chilli
- ☐ 3tsp lazy ginger
- ☐ 1tsp Sichuan peppercorns, roughly crushed
- ☐ 227g can pineapple chunks in juice, drained, reserving 100ml juice
- ☐ 2tbsp tomato ketchup
- ☐ 1-1½tbsp caster sugar
- ☐ 3tbsp rice wine or dry sherry
- ☐ 2tsp cornflour
- ☐ 450g cooked noodles

How to

1 Heat the **oil** in large wok, add the **chilli**, **ginger** and **peppercorns**, and cook for 1 minute. Add the **onions**, and fry for 2 mins. Add the **peppers** and **Quorn** and cook, stirring, for 5-6 mins. Add the **pineapple** and **sweetcorn**, and cook for 2-3 mins.

2 Meanwhile, whisk **pineapple juice**, **ketchup**, **sugar**, **sherry**, **lime zest** and **juice**, and **cornflour** until smooth; pour into a separate pan. Gently bring to the boil and simmer, stirring, for 2 mins until thickened.

3 Pour over the veg and stir-fry over a high heat for 1 min to heat through. Toss together with the **noodles** and **spring onions**. Serve with **lime wedges**.

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tip If you can't get microwave lentils, use tinned – they will work just as well.

£2.98 per person

Posh Med-style parcels

No one will be bothered this is strictly veggie when they're asking for a second flavour-packed parcel.

SERVES 4 • Ready in 45 mins • 420 cals per serving • 18g fat • 3.5g sat fat • 2 of your 5-a-day

BUY FRESH

- ☐ 180g pack reduced-fat (9%) feta, crumbled
- ☐ 100g sunblush tomatoes, drained and roughly chopped
- ☐ 290g jar roasted peppers in brine, drained well and finely chopped
- ☐ 3tbsp flat-leaf parsley, roughly chopped
- ☐ 8 sheets Jus Rol filo pastry

CHECK YOU'VE GOT

- ☐ ½tbsp olive oil
- ☐ 1 red onion, finely chopped
- ☐ 2tsp lazy garlic
- ☐ 250g microwave Puy lentils, we like Merchant Gourmet
- ☐ 40g white breadcrumbs
- ☐ olive oil, for brushing
- ☐ 290g jar Sacla Peperonata Antipasto

How to

1 Heat oven to Mark 5/190°C. In a pan, heat the **oil**, add **onion** and **garlic**, and fry for 6 mins until soft. Transfer to a bowl and mix with **lentils**, **feta**, **sunblush tomatoes**, **breadcrumbs**, **peppers** and 2tbsp **parsley**.

2 Lightly brush a sheet of **filo** with **oil**, then top with a second sheet. Spoon a quarter of the filling into the middle of the pastry, leaving a 4cm border on each side. Fold up edges, then roll up to make a parcel. Put parcel on a lightly oiled baking tray and make remaining parcels. Brush lightly with oil and bake for 20–25 mins until golden. Heat up the **Peperonata Antipasto** and serve, along with the remaining parsley.

>

Cook once... eat twice

Make two family dinners in half the time and save money, too

MEAL 1 £1.41 per person

Warm green veg & goats' cheese salad

This really is amazing! It's packed with flavour and goodness, too.

SERVES 4 • Ready in 20 mins • 341 cals per serving • 22g fat • 8g sat fat • 2 of your 5-a-day

1 Cook 500g **new potatoes** for 10 mins. Add 250g each of **green beans**, **tenderstem broccoli** and **petit pois** to the pan and cook until just tender. Drain well and transfer to a bowl. Heat 1tbsp **olive oil** in a pan, add 3 **courgettes**, sliced, and fry over a medium heat for about 5 mins, until just tender and golden. Cool for a few mins, then add to the veg. Add 6 **spring onions**, sliced, 100g **baby leaf spinach** and 2tbsp **mint**, chopped, and toss together; crumble over 200g soft **goats' cheese**. Set aside a third of the salad for the cheese fritters.

2 For the **dressing**, whisk together 1tbsp **Dijon mustard**, 3tbsp **extra virgin olive oil** and the **zest** and **juice** of 1 large **lemon**. Season and pour over the salad just before serving.

MEAL 2 98p per person

Veggie goats' cheese fritters

A sneaky way to get your kids to eat their veg

SERVES 4 • Ready in 15 mins • 412 cals per serving • 25g fat • 7g sat fat • 1 of your 5-a-day

1 Roughly chop the **reserved salad**, then mix with 6 **medium free-range eggs**, beaten, 4tbsp **plain flour**, 40g **white breadcrumbs** and 1 **red chilli**, finely chopped, and a pinch of salt.

2 Heat 1-2tbsp **olive oil** in a large frying pan over a medium heat, then spoon rounded tbsps of the mixture into the pan, cooking 3 or 4 at a time. Fry for 1-2 mins on each side until deep golden. Repeat with remaining mixture, to make about 12 fritters. Serve with a **tomato** and **red onion** salad and **fries**.

FEATURE & FOOD STYLING LUCY JESSOP & PHIL MUNDY. PHOTOS CHARLIE RICHARDS. PROPS RACHEL JUKES

How to

Totally naughty tiramisu chocolate cake

No excuses now, this gorgeously squidgy, flourless chocolate cake couldn't be simpler to make. Just as well as we think it will become everyone's fave!

Special occasion treat

Chocolate, booze, Maltesers... fall in love all over again with this dream of a cake

Tiramisu chocolate cake

Ready in 45 mins + cooling time • 489–391 cals per serving • 37–20g fat • 19–15g sat fat

It's futile to resist – one slice will lead to another... and another!

FOR THE CAKE

- ☐ cocoa powder, for dusting
- ☐ 100g 70% cocoa solids dark chocolate, broken
- ☐ 100g butter, at room temperature, plus extra for greasing
- ☐ 3 free-range large eggs, separated
- ☐ 100g caster sugar
- ☐ 100g ground almonds

FOR THE TOPPING

- ☐ 3tbsp Tia Maria, Kahlúa or strong, sweet coffee
- ☐ 250g mascarpone
- ☐ 2tsp instant coffee, dissolved in 1tsp hot water
- ☐ 2tbsp icing sugar, sifted
- ☐ dark chocolate, grated, to decorate
- ☐ handful of Maltesers, crushed

tip **Don't have a heart-shaped tin? Just use a round or square one of similar size. We bought our tin from cakecraftworld.co.uk.**

1 Heat oven to Mark 4/180°C. Grease a 20cm heart-shaped cake tin, then lightly dust the inside with **cocoa powder**, until evenly covered.

2 Gently melt the **chocolate** and **butter** together in a bowl set over a pan of barely simmering water, remove from the heat and allow to cool slightly. Meanwhile, whisk the **egg whites** until stiff peaks form.

3 In a separate bowl, whisk the **egg yolks** and **sugar** until thick; stir in the chocolate mixture, then fold in the **almonds**. Fold a spoonful of egg white into the mixture to loosen, then gradually fold in remainder until smooth. Pour into the tin and bake for 20–25 mins, until set and risen.

4 Remove the cake from the oven and leave to cool for a few mins in the tin, then transfer to a cooling rack to cool completely. Once cool, drizzle with the **liqueur** or **coffee**.

5 Beat together the **mascarpone**, **instant coffee** and **icing sugar**, to taste, until combined and smooth. Spread over the top of the cake. Grate over some **dark chocolate** and scatter with crushed **Maltesers**.

Want more chocolate? Try these ideas...

Foolproof chocolate mousse

Ready in 15–20 mins • 264 cals per serving • 16g fat • 9g sat fat

1 Melt 200g 70% cocoa solids **dark chocolate**, 100g **milk chocolate** and 50ml **double cream** in a bowl set over a pan of barely simmering water. Allow to cool slightly, then whisk in 2 free-range **egg yolks** using a balloon whisk.

2 Meanwhile, in a bowl, beat 4 large free-range **egg whites** with an electric whisk until stiff; gradually add 40g **caster sugar** and whisk until glossy. Fold a spoonful into the chocolate mix to loosen, then fold in the remainder. Divide between 8 ramekins or small glasses.

No-bake chocolate tart

Ready in 20 mins • 390 cals per serving • 29g fat • 16g sat fat

1 Gently heat 250ml **double cream** with 2tbsp **light muscovado sugar** in a heavy-based pan until very hot, but don't boil. Remove from the heat and add 50g **butter**, 250g **Green & Black's Maya Gold chocolate**, 100g **milk chocolate** and 1tbsp **Cointreau** (optional). Leave for 1 min, then stir until smooth. If the mixture splits, stir in 50ml **cold milk** until smooth.

2 Pour mixture into a 205g **ready-baked pastry case** (22cm), then chill. Decorate with **raspberries** and **chocolate flakes** to serve.

FEATURE & FOOD STYLING: LUCY JESSOP. ASSISTED BY EMILY SHARDLOW. RECIPES: PHIL MUNDY & MIMA SINCLAIR. PHOTOS: MAJA SMEND, IPC IMAGES. PROPS: RACHEL JUKES

NEXT MONTH... Apple & almond crumble cake – it's irresistible!

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How to

Your all-new Saturday night roast

Get your friends round for a posh feast – this delicious, slap-up roast is so easy and also perfect anytime weekend food

ALL RECIPES SERVE 6

Tuck into this rich herby roast and you'll forget it's cold outside!

recipe overleaf >

Pour yourself a nice glass of red, then settle down and enjoy!

Herby olive & tomato roast chicken

This fab-flavoured roast even makes its own 'instant gravy'.

- Ready in 2 hrs
- 318 cals per serving
- 11g fat
- 2g sat fat

- ☐ 2kg free-range chicken
- ☐ 2 lemons, halved
- ☐ 100g pitted black olives, rinsed
- ☐ 300g small tomatoes, chopped
- ☐ 200g shallots, peeled
- ☐ 6 sprigs thyme, half leaves removed
- ☐ 12 garlic cloves, unpeeled
- ☐ 3tbsp extra virgin olive oil
- ☐ handful flat-leaf parsley, chopped

1 Heat oven to Mark 6/200°C. Sit the **chicken**, breast-side down, in a roasting tin. Season well, and squeeze the juice of ½ **lemon** over the skin and inside.
2 In a bowl, mix together the **olives**, **tomatoes**, **shallots**, **thyme**, **garlic**, 2tbsp **oil**, juice of 1 lemon and the **parsley**, and season with black pepper.
3 Spoon half the mixture inside the chicken, along with the remaining ½ lemon. Spoon the rest around the chicken. Season and drizzle with the remaining olive oil.
4 Roast for 20 mins, turn the chicken over and baste well. Reduce oven to Mark 4/180°C and roast for 50 min-1 hr or until cooked through. Rest for 10 mins, then carve and serve with the tomatoey olive sauce.

On the side...

Creamy leeks & spinach

Naughty but so, so good! And just think, those veggies help you towards your 5-a-day quota!

- Ready in 25 mins
- 228 cals per serving
- 22g fat
- 14g sat fat

- ☐ 25g butter
- ☐ 3 large trimmed leeks, finely sliced
- ☐ 200ml double cream
- ☐ grating fresh nutmeg
- ☐ 2 cloves garlic, finely chopped
- ☐ 500g spinach, rinsed

1 Melt the **butter** in a large sauté pan, add the **leeks** and cook over a medium heat for 10 mins, stirring occasionally, until soft and light golden. Add the **cream** and **nutmeg**, and simmer for 10 mins until reduced slightly, then stir in the **garlic**.
2 Meanwhile, put the washed **spinach** into a separate pan, cover with a lid and cook gently for about 2 mins, until wilted. Drain thoroughly in a colander, pressing out as much water as possible. Stir the spinach into the creamy leeks, season well with salt and pepper and cook for about 1 min to ensure it's heated through and serve.

Buttery celeriac 'n' snip mash

This is a really delicious way to eat seasonal root veg – it's mash without the potatoes.

- Ready in 25 mins
- 152 cals per serving
- 8.5g fat
- 4.5g sat fat

- ☐ 600g parsnips, peeled
- ☐ 650g celeriac (1 medium celeriac), peeled
- ☐ 25g butter
- ☐ 100ml single cream
- ☐ 1tbsp thyme leaves
- ☐ 1tbsp Dijon mustard

1 Cut the **veg** into 4cm chunks, put in a pan of cold, salted water and bring to the boil. Simmer for 15 mins until completely tender. Drain well and mash briefly.
2 Heat the **butter**, **cream** and **thyme** in a pan for 2 mins. Add the mash with the **mustard**, season and mash until lump-free.

Golden Parmesan roasties

Just when you think roast potatoes can't get any better! These taste fab with the amazing Mediterranean flavours of the chicken.

- Ready in about 1 hr
- 277 cals per serving
- 14g fat
- 3g sat fat

- ☐ 1.2kg floury King Edward potatoes, peeled
- ☐ 6tbsp olive oil
- ☐ 40g Parmesan, finely grated
- ☐ ½tsp sweet paprika

1 Heat oven to Mark 6/200°C. Cut the **potatoes** into 4cm chunks and transfer to a large pan of cold, salted water. Bring to the boil, then simmer for about 4 mins. Drain well, return to the pan and season with salt and freshly ground black pepper – the edges should have 'roughened up' so they'll go nice and crispy in the oven.
2 Meanwhile, pour the **oil** into a roasting tin and heat in the oven for 5 mins until sizzling hot. Carefully put the potatoes into the roasting tin, turning them in the oil so they are evenly coated. Roast for 40 mins, turning twice. Sprinkle the **Parmesan cheese** and **paprika** over the potatoes, then return to the oven for a further 10 mins, until they are crisp and golden.

What to drink?

◆ A robust French red like Les Crouzes Old Vines Carignan 2008, £4.99, from the Co-op is a great-value wine to go with the chicken.

◆ Or try Bushland Reserve Shiraz 2008, which is fab for the bargain price of £3.99, from Aldi.

◆ If you prefer a white, go for fresh, aromatic Sauvignon Blanc like Paul Mas Estate Sauvignon Blanc 2008, £7.99, from Majestic.

cut out and keep

Sheer indulgence – and what's wrong with that! Another roastie, anyone?

tip For a healthier mash, swap the butter and cream for a little milk and low-fat spread or half-fat crème fraîche.

tip Always make sure you cut the potatoes to a similar size so they cook evenly.

Save some room for...

Princess of puddings

We've given the classic Queen of Puddings a makeover by making an almondy sponge for the base.

• Ready in 50 mins • 416 cals per serving • 25g fat • 10g sat fat

- 100g butter, at room temperature
- 140g caster sugar
- 4 free-range eggs, 3 separated
- 75g ground almonds
- 40g self-raising flour
- zest of 1 lemon
- 100g soft-set raspberry jam

1 Heat oven to Mark 4/180°C. Lightly butter a 1.5-litre ovenproof dish. In a large bowl, using an electric hand whisk, beat together the **butter** and 100g **sugar** until light and fluffy (about 2 mins), add 1 whole **egg** and the three **yolks**, and whisk again until smooth. Fold in the **almonds**, **flour** and **lemon zest** until smooth. Spoon into the dish and bake for about 20 mins, until pale golden and springy to the touch.

2 Spread the cooked cake with the **jam** and allow it to soak in for about 1 min. In a clean bowl, whisk the 3 **egg whites** until stiff, then gradually add the remaining sugar and whisk until stiff and glossy. Spoon over the top, spreading to cover the cake, then return to the oven and bake for 10 mins, until the meringue is golden brown. Allow to cool for about 10 mins before serving warm.

Delicious!

tip Use whatever flavour jam you like – cherry, strawberry or blackberry work really well.

What to drink?

◆ Try a refreshing, sparkling wine like this Asti Spumante NV, £6.99, from Marks & Spencer.

NEXT MONTH... New-style Sunday lunch ideas

FEATURE & FOOD STYLING LUCY JESSOP. ASSISTED BY EMILY SHARDLOW. RECIPES PHIL MUNDY. PHOTOS MYLES NEW. PROP STYLING RACHEL JUKES

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How to

Make a really good curry!

It's not difficult and doesn't take hours... so forget the takeaway this weekend and have a go at these delicious authentic curry dishes

Start by making your paste...

Your two steps to success: make a paste from various spices + cook the paste, before you add other ingredients.

1 When making a paste, whizz all the toasted spices together with the other ingredients and a little oil or water to help them blend thoroughly. You can make your paste up to a couple of days in advance, add a little extra oil and store in the fridge in an airtight container.

2 Fry the paste in a little oil on a low-medium heat for 3–4 mins. This is important as spices need to cook properly to be able to release their flavour and not taste bitter.

Now you're ready to cook your curry >

tip Ideal for feeding a crowd – you can cook most of the curry earlier in the day, then add the beans and prawns as everyone arrives.

Hot

Authentic Keralan-style prawn curry

The whole family will enjoy this creamy coconut-based curry from south-west India.

Serves 6 • Ready in 40 mins • 283 cals per serving • 21g fat • 16g sat fat

You'll need...

FOR THE PASTE

- ☐ 200g shallots, peeled and sliced
- ☐ 1tbsp sunflower oil
- ☐ 4 cloves garlic, sliced
- ☐ 30g piece fresh root ginger, peeled and roughly chopped
- ☐ 1-2 fresh green chillis, sliced (seeds optional)
- ☐ 1tsp turmeric
- ☐ small bunch fresh coriander, stalks only (reserve the leaves)

FOR THE CURRY

- ☐ 1tbsp vegetable oil
- ☐ 30-40 curry leaves, fresh or dried
- ☐ 200ml vegetable stock (we like Swiss Bouillon)
- ☐ 600ml coconut milk
- ☐ 300g green beans, trimmed and cut into short pieces
- ☐ 400g large raw peeled prawns (or you can use firm white fish fillets)

1 To make the paste, fry the **shallots** in **sunflower oil** for 5 mins until softened, but not coloured. Transfer to a blender with the remaining **paste ingredients**. Whizz until coarse, but not smooth.

2 Heat **vegetable oil** in a large, heavy-based pan. Add **curry leaves** and fry for 1 min, then add the paste and cook for a further 2-3 mins. Add the **stock** and **coconut milk**, and bring to the boil. Simmer for 12-15 mins to allow the flavours to infuse.

3 Add **green beans** and cook for 5 mins, then add **prawns** and cook for a further 3-4 mins until cooked through. Season and stir in reserved **coriander leaves** before serving.

Pukka lamb rogan josh

The tomato base works well with the richness of the lamb – to make it a bit creamier, just add some yogurt.

Serves 6 • Ready in 2 hrs • 309 cals per serving • 16g fat • 5g sat fat

You'll need...

FOR THE PASTE

- ☐ 2tsp cumin seeds
- ☐ 1½tsp coriander seeds
- ☐ 1tsp fennel seeds
- ☐ 8 cardamom pods, seeds only
- ☐ 3 cloves garlic
- ☐ 30g piece root ginger, peeled and roughly chopped
- ☐ 2tsp garam masala
- ☐ 2tsp paprika
- ☐ ½tsp chilli powder
- ☐ ½tsp sea salt
- ☐ 3tbsp tomato purée

FOR THE CURRY

- ☐ 1tbsp vegetable oil
- ☐ 1kg lamb neck fillet or boneless shoulder, cut into large chunks
- ☐ 1 bay leaf
- ☐ 4 cloves
- ☐ 1x400g tin chopped tomatoes
- ☐ 500ml vegetable or chicken stock
- ☐ 100g natural yogurt (optional)
- ☐ 2-3tbsp chopped fresh coriander

1 Heat a dry frying pan until hot, add the **cumin, coriander, fennel** and **cardamom seeds** and fry for about 1 min, tossing occasionally, until toasted. Remove and grind with a pestle and mortar. Transfer to a blender with remaining **paste ingredients**, plus 2tbsp water, and whizz until smooth.

2 Heat **oil** in a heavy-based pan, add **lamb** and fry in batches until browned. Return all lamb to the pan, add the **bay leaf** and **cloves**, then add paste and stir to coat the meat. Cook for 3 mins.

3 Add **chopped tomatoes** and **stock** and bring to the boil. Lower the heat and simmer gently for about 1½ hrs, or until the lamb is tender, making sure there's enough liquid (add a splash more stock, if necessary). Stir in **yogurt**, if using, and **coriander** just before serving and season to taste.

Medium

tip Yogurt helps to tone down the heat in a curry – if your mouth is burning from eating too much chilli, have some yogurt to calm it down!

Mild

Best-ever creamy chicken korma

This is a classic curry you'll be making over and over again!

Serves 6 • Ready in 1 hr 40 mins • 400 cals per serving • 22g fat • 7g sat fat

You'll need...

FOR THE PASTE

- ☐ 1½tsp cumin seeds
- ☐ 3tsp coriander seeds
- ☐ 4 garlic cloves, roughly chopped
- ☐ 25g piece fresh root ginger, peeled and roughly chopped
- ☐ 50g toasted flaked almonds
- ☐ 1½tsp turmeric
- ☐ ½tsp Maldon sea salt or ¼tsp normal table salt
- ☐ 2tbsp vegetable oil
- ☐ 1 fresh green chilli, roughly chopped
- ☐ 1tbsp tomato purée

FOR THE CURRY

- ☐ 1tbsp vegetable oil
- ☐ 1kg skinless, boneless, organic free-range chicken thighs
- ☐ 2 large onions, finely chopped
- ☐ 1 bay leaf
- ☐ 10cm cinnamon stick, snapped in half
- ☐ 500ml chicken stock
- ☐ 100ml double cream
- ☐ handful toasted flaked almonds

1 Heat a dry pan until hot. Add **cumin** and **coriander seeds** and fry for about 1 min, tossing occasionally, until toasted. Remove and grind in a pestle and mortar. Transfer to a blender, add remaining **paste ingredients**, plus 2tbsp water, and whizz until finely chopped, but not smooth.

2 Heat **oil** in a heavy-based pan and fry **chicken** until browned. Remove from pan and set aside. Add **onions**, **bay leaf** and **cinnamon** and gently cook for 6–8 mins until onions are soft.

3 Add paste and cook for 2 mins, then add **stock** and bring to the boil. Simmer for 5 mins, then return chicken to the pan, simmer for 40 mins, loosely covered with a lid. Remove lid and cook for 10 mins until reduced slightly and thickened. Stir in **cream**, simmer for 10 mins, then season to taste. Sprinkle over extra **almonds** and serve.

tip You can make any curry vegetarian – as well as swapping the meat for vegetables, try lentils and other pulses or the Indian cheese Paneer.

It helps to know...

✓Experiment! Make a curry using the correct quantities, then add more or less spices the next time you make it.

✓The authentic Indian way to cook onions is gently in oil with a little salt. Once tender, increase the heat a little to help them caramelise.

✓Lightly crush cardamom pods or coriander seeds before toasting to help release the flavours.

✓If you've got a coffee bean grinder use it for grinding your spices.

✓Whole spices last longer than ground spices, so grind them yourself and you'll avoid unnecessary waste.

✓Don't let garlic burn or it will taste bitter.

✓If you prefer less heat, don't add the seeds of the chilli to your curry.

IF YOUR CURRY IS...

◆ **TOO SPICY** Add tomatoes or lemon or lime juice or yogurt or a pinch of sugar to calm down the heat and make it taste milder.

◆ **TOO SALTY** Add a few pieces of raw potato to the curry, remove from the heat and leave for 15 mins. Remove the potato and taste the curry.

◆ **TOO MILD** Don't add chilli straight into your curry. Fry a little chilli in a pan, add some of your curry sauce to it, then cook for a few mins and return it to your main curry.

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How to

Best in season

Juicy Seville oranges

These bitter-sweet fruits are a rare treat as they're only around for a couple of months – get your hands on them while you can!

Make this!

Gorgeously zingy orange baked cheesecake

This moreish pudding is just perfect for a Sunday afternoon treat!

Serves 10-12 • Ready in 1 hr 15 mins + cooling • 700-590 cals per serving • 53-44g fat • 32-27g sat fat

Heat oven to Mark 4/180°C. Mix 125g each of **digestive** and **ginger nut biscuits**, finely crushed, with 100g **butter**, melted. Press into a 22cm buttered, spring-clip cake tin, smooth and chill. Whisk together 600g full-fat **Philadelphia cream cheese**, 250g **mascarpone**, 3 free-range **eggs**, lightly beaten, 200g **golden caster sugar**, 3tbsp **plain flour** and the zest of 1-2 **Seville oranges**. Spoon onto the biscuit base and level. Transfer to a baking tray and bake for 50 mins-1 hr, until golden and firm. Cool, chill, then remove from the tin. For the syrup, gently simmer zest of 1 **orange**, 6tbsp **orange juice**, 4tbsp **lemon juice** and 3tbsp **caster sugar** for 3-4 mins until reduced and syrupy. Leave to cool, then stir in 2tbsp **orange liqueur**. Pour over cheesecake to serve.

BITTER-SWEET SENSATION
Citrus fruits give us a sunny reminder of warmer places during the chilly British winter, but a real treat arrives with the short, sharp Seville orange season during January and February – blink and you'll miss it! Seville oranges are incredibly bitter, making them perfect for turning into fab marmalade. If you're looking for an excuse to indulge in this yummy cheesecake, oranges are high in vitamin C and great for fighting off colds!

Turn over for another tasty way to use these oranges >

Easy orange marmalade

Makes 6x350ml jars • Ready in 3 hrs • 18 cals per tsp • 0g fat • 0g sat fat

Cut 900g Seville oranges and 1 lemon in half and squeeze the juices into a preserving pan with 2.25 litres water. Wrap pips and pith in a muslin bag; add to the pan. Cut peel in thin shreds; add to pan. Bring to the boil, simmer gently for 2 hrs until peel is soft. Remove muslin bag. Add 1kg granulated sugar and 800g dark muscovado sugar. Gently heat until dissolved. Increase heat and boil rapidly for 15-20 mins; remove scum from surface. Test for a 'set': drop a tsp of marmalade onto a chilled plate until it crinkles when pushed with your finger. Stand for 15 mins, then fill warm, sterilised jars and seal with wax discs.

Also in season...

Put these on your shopping list...

	✓ STORE	✓ TRY	✓ USE IT UP
Red cabbage	Choose firm, slightly sweet-smelling cabbages with crisp *not* limp leaves. Store in the fridge for up to a week.	Slice finely and add to coleslaw, winter salads and stir-fries.	Slowly braise red cabbage with spices like star anise and cinnamon, port and redcurrant, and serve with rich game or lamb dishes.
Mackerel **Sustainably caught**	Choose shiny, bright, firm mackerel (not too small, as this means they've been caught too young).	Best eaten as fresh as possible. Pan-fry fillets with lemon and thyme and serve with green veg.	Add to spicy tomato-based, veggie pasta sauces and serve with couscous for a warming supper.
Onions	Onions have a long season from late autumn to early spring; good to enjoy now when there's little else around! Store in a cool, dark place.	Add to cheesy tarts, quiches or to hearty casseroles, soups and pasta sauce for extra flavour – they're so versatile!	Slowly fry until sweet and beginning to caramelise, then cook with quality beef stock for a deliciously warming French onion soup.

Chicory

GRIDDLED CHICORY WITH SOFT GOATS' CHEESE & RADICCHIO

Chicory has a bitter taste so balance it out with a tangy dressing and creamy cheese.

1 Heat a griddle pan until hot. Brush 4 heads of **chicory**, halved, with 1tbsp **olive oil**. Griddle for 2-3 mins until they begin to char, then turn over for a further 2-3 mins. Transfer to a warm platter and scatter over 4 **radicchio leaves**.

2 For the dressing, mix together 1tsp **runny honey**, 1tsp **Dijon mustard**, 1tbsp **white wine vinegar** and 2tbsp **olive oil**. Season. Drizzle over chicory, then scatter with 90g **soft goats' cheese** and 1tbsp **fresh mint**, chopped.

Partridge

ONE-PAN ROAST PARTRIDGE

Don't be scared of cooking game – this no-fuss recipe couldn't be easier.

Serves 4 • Ready in 50 mins • 626 cals per serving • 31g fat • 8g sat fat

Heat oven to Mark 7/220°C. Put 400g **baby shallots**, peeled and kept whole, and 4 **pears**, quartered and cored, into an ovenproof baking dish or roasting tin. Drizzle with 1tbsp **olive oil** and scatter over 2tbsp **thyme leaves**. Season. Transfer to oven for 10 mins. Drizzle 4x500g oven-ready **partridge** with olive oil. Season. Cover each partridge with 2 rashers of **streaky bacon** and transfer to the tin to sit on top of veg. Roast in the oven for a further 20-30 mins until the birds are cooked through. Cover loosely with foil and rest for 10 mins before serving.

NEXT MONTH... Purple sprouting broccoli

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